

## **WELLNESS POLICY**

CMCS is committed to providing a school environment that will enhance the learning and implementation of lifelong wellness practice.

To accomplish these goals:

- The Wellness Policy will involve students, parents, teachers, and staff.
- Foods made available on campus conform to food safety and security guidelines.
- The school strives to provide an environment that is safe, comfortable, and pleasing allowing ample time and space for eating meals.

### **Nutrition Education**

- Nutrition education will be integrated into the curriculum.
- Nutrition education will involve sharing information with families to positively impact students and the health of the community.
- Students will be encouraged to start each day with a healthy breakfast.
- Students will have access to hand washing before eating meals or snacks.

### **Physical Activity**

- Physical activity will be integrated across curricula.
- Students will have ample opportunity for physical activity. A daily schedule of recess/physical education will be provided for elementary students. A schedule of daily physical education will be provided to all 6<sup>th</sup> – 8<sup>th</sup> grade students enrolled in the semester course.
- Physical activity participation will take into consideration the “balance equation” of food intake and physical activity.
- Adequate equipment is available for all students to participate in physical education in a safe environment.

### **Healthy Food Policy**

- CMCS's Healthy Food Policy encourages children to begin a lifelong habit of making informed choices about the food they eat.
- Food providers will offer age appropriate healthy food and beverage selections in reasonable portion sizes. We take every measure to ensure that student access to foods and beverages meet federal, state guidelines.
- Our policy is not to provide vending machines.

### **Eating Environment**

- Students should be provided adequate time to eat lunch, at least fifteen minutes for breakfast and fifteen minutes for lunch, from the time the student is seated.

- Outdoor/indoor dining areas are attractive and have enough space for seating all students.

#### Evaluation, Measurement, and Safety

- Our wellness policy will be assessed annually and adjustments will be made as needed.
- Meals provided by Pine View Middle School will ensure that students have access to the nutritional foods they need to stay healthy and learn well.
- Meals provided by Pine View Middle School will meet all regulatory agency requirements.
- All foods made available on campus comply with the state and local food safety and sanitation regulations.